



# Mexican Pork Quesadillas

with Charred Corn & Tomato Salsa

KID FRIENDLY



Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Carrot



Pork Mince



Tex-Mex Spice Blend



Tomato Paste



Mini Flour Tortillas



Cheddar Cheese



Tomato Salsa



Light Sour Cream



Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins

These quesadillas are bursting with Tex-Mex-spiced pork and gooey melted Cheddar and are all wrapped up in a golden tortilla hug. As one of our most reached-for spice blends, Tex-Mex deserves all of the praise it gets.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	2	4
pork mince	1 small packet	2 small packets OR 1 large packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
<b>water*</b>	½ cup	¾ cup
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
tomato salsa	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3298kJ (788Cal)	666kJ (159Cal)
Protein (g)	41.5g	8.4g
Fat, total (g)	40.6g	8.2g
- saturated (g)	16.2g	3.3g
Carbohydrate (g)	59g	11.9g
- sugars (g)	16.1g	3.2g
Sodium (mg)	1457mg	294mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3325kJ (795Cal)	671kJ (160Cal)
Protein (g)	45g	9.1g
Fat, total (g)	39.7g	8g
- saturated (g)	16.7g	3.4g
Carbohydrate (g)	59g	11.9g
- sugars (g)	16.1g	3.2g
Sodium (mg)	1458mg	294mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Cook the pork mixture

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **garlic**. Drain **sweetcorn**. Roughly chop **carrot**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until browned, **3-4 minutes**.
- Add **carrot** and cook, stirring, until softened, **5-6 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **garlic, Tex-Mex spice blend** and **tomato paste**. Cook until fragrant, **1 minute**.
- Add the **water** and cook, stirring, until slightly thickened, **1-2 minutes**.

**Custom Recipe:** If you've swapped to beef mince, cook beef in the same way as the pork mince. Drain oil from pan before adding the garlic.

3



## Make the corn salsa

- Meanwhile, wipe out frying pan and return to high heat.
- Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a bowl to cool slightly.

**TIP:** Cover the pan with a lid if the corn kernels are 'popping' out.

2



## Make the quesadillas

- Arrange **mini flour tortillas** on a lined oven tray. Divide **pork mixture** among tortillas, spooning it onto one half of each **tortilla**. Top with **Cheddar cheese**.
- Fold the empty half of each **tortilla** over to enclose the filling, then press down gently with a spatula. Brush or spray with a drizzle of **olive oil**, then season with **salt** and **pepper**.
- Bake until cheese is melted and tortillas are golden, **10-12 minutes**.

**TIP:** You can place a sheet of baking paper and a second oven tray on top of the quesadillas if they unfold during cooking.

**Custom Recipe:** Make the beef quesadillas the same way as above.

4



## Serve up

- Divide Mexican pork quesadillas between plates.
- Serve with charred corn, **tomato salsa** and **light sour cream**. Enjoy!

## Rate your recipe

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